

Senior Center Newsletter

MAY - JULY 2025



UPDATED
04/01/2025

116 Jackson Mills Road, Freehold, NJ 07728 / Phone 732-294-2029

Hours: Monday - Friday, 9 a.m. - 4 p.m.

Silver Jubilee Social

Friday, April 25, 2025

11:30 am - 3:00 pm

*Menu: Rice Balls, Chicken
Rollatini, Eggplant Parm,
Penne Vodka, String Beans,
Rolls, Salad & Dessert*

Music by: DJ Jeff \$10 pp

Spring Awakening Social

Fri, May 16, 2025

11:30 am - 3:00 pm

Menu: TBD

Price: \$20.00

**Music by : Anthony
DiDio**

Township Committee

Maureen Fasano, Mayor

Lester A. Preston, Deputy Mayor

Anthony J. Ammiano

Thomas L. Cook

Alan Walker

Superintendent

Parks and Recreation

Sue McGough



Recreation Commission

Robert Nitti, Chairperson

John Cerrato, Vice-Chair

Jennifer Boutote-Patten

Nick Fasano

Alissa Keegan

Linda Jaye Molee, D.M.D.,

Chris Novella

Nancy Valente

Daily Programming

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>
10:30 am Zumba	9:30 am Pilates	10 am–4 pm Mah-Jongg
12:00 pm Strong Bones	10 am– 4 pm Mah-Jongg	11:00 am Strong Bones
12:00 pm Mexican Train	10:30 am Aerobics	12:00 pm Poker (No \$\$)
1:30 pm Card Games	12:00 pm Poker (No \$\$)	12:00 pm Mexican Train
<u>Thursdays</u>	<u>Fridays</u>	
10 am–4 pm Mah-Jongg	10:00 am Support Group	
10:00 am Line Dancing	12:30 pm Movie or Bingo	
1:45 pm Card Games		

Monthly Health Screenings by VNA of Central Jersey & Freehold Area Health Dept.

11:30 am - 12:30 pm	Diabetes & Blood Pressure Screenings (FAHD)	**NEW DATE** ↙	Every 2nd Friday of the Month
11:30 am - 2:00 pm	Blood Pressure Screenings (VNA)		Every 4th Monday of the Month

Walking Trips (9:30 a.m.)

Minimum of 10 walkers needed for bus transportation. Open to all members.

April 16 - Manasquan Reservoir	June 25 - Asbury Park Boardwalk w/ Lunch
May 14 - Manasquan Reservoir - CANCELLED -	July 2 - Bradley Beach Boardwalk
May 28 - Belmar Boardwalk	July 9 - Ocean Grove Boardwalk w/Lunch
June 4 - Spring Lake Boardwalk	July 16 - Sea Girt Boardwalk
June 11 - Long Branch Boardwalk w/ Lunch	July 23 - Point Pleasant Boardwalk w/Lunch
June 18 - Avon Boardwalk	July 30 - Belmar Boardwalk

Movies (Fridays starting at 12:30pm)



<u>April 11th</u>	TBD
<u>May 2nd</u>	TBD
<u>June 20th</u>	TBD
<u>July 18th</u>	TBD

Please Note: Movies Are Subject To Change, NO MOVIE on 4/18 & 5/23.

Special Speakers (Wednesdays at 12:30 pm)

April 9	Legal Assistance for Monmouth Co. Residents (Legal Aid of Mon. Co.)
April 16	Lunch & Learn - Empowered Aging (Home Helpers, Chefs for Seniors, Fox Rehab, Bathroom Pros & Scan)
April 21	*MONDAY* Lunch & Learn - Dr. Scura (Seaview Orthopaedics)
April 29	The Importance of Exercise w/ Lunch (CentraState Rehab)
April 30	Lunch & Learn - Ask the Attorney (Waypoint Legal - Elder Law)
May 7	Lunch & Learn - Boning Up on Osteoporosis (Parker Health & Wellness)
May 14	Medicare Education (Senior Medicare Patrol)
May 21	Trivia & Lunch (Brandywine & Waypoint Legal)



Special Events



****REGISTRATION DEADLINE: FRIDAY PRIOR TO THE EVENT****

April 25	25th Anniversary Celebration	11:30 a.m. - 3:00 p.m.	<u>\$10.00</u>
May 16	Spring Awakening	11:30 a.m. - 3:00 p.m.	\$20.00
June 13	Social - TBD	11:30 a.m. - 3:00 p.m.	\$20.00

Bingo (Fridays at 12:30 pm)

Card Making (FREE)

May 9	June 27
May 30	July 11
June 6	July 25

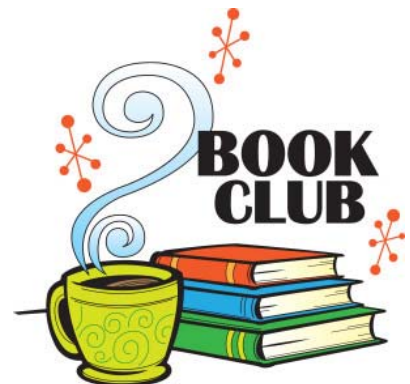


April 17	12:00 Noon
May 22	12:00 Noon
June 26	12:00 Noon



Book Club (Tuesday's at 12:30 p.m.)

April 22	The Symphony of Secrets - <i>Brendan Slocumb</i>
May 27	The Frozen River - <i>Ariel Lawhon</i>
June 24	James - <i>Percival Everett</i>
July 22	The Portrait of Dorian Gray - <i>Oscar Wilde</i>
August 26	My Father's House - <i>Joseph O'Connor</i>
September 23	The Briar Club - <i>Kate Quinn</i>



Day Trips (20 Person Limit)

Registration for new trips OPENS on December 9th for Freehold Residents.
Registration MUST be done IN-PERSON ONLY for these trips.

NEW FREE TRIP CANCELLATION POLICY!!

You MUST give 24 hours notice if canceling a FREE trip.
Penalty: No FREE trip registration for the following month.

<u>Date</u>	<u>Trip</u>	<u>Departs</u>	<u>Returns</u>	<u>Price</u>
Tues., April 22	Hunterdon Hills Playhouse Trip - Swing! The Musical / Lunch & Show	9:30 am	5:00 pm	\$125.00
Wed., April 23	Drumthwacket - Governor's Mansion Tour & Lunch (self-pay) in Princeton	10:30 am	3:00 pm	FREE
Fri., May 2	Guided Tour of Smithville Mansion & Self-Pay Lunch at O'Connor's Grille (Limit 15)	11:15 am	4:00 pm	\$6.00
Thurs., May 8	Columbus Farmer's Market	9:30 am	3:30 pm	FREE
Tues. May 13	Parx Casino Trip	9:30 am	4:00 pm	FREE
Wed. May 14 **NEW**	PNC Arts Center - An Afternoon with Lucie Arnaz (Limit 27)	12:00 pm	5:30 pm	FREE
Wed., May 21	Buck's County Playhouse - "The Apple Boys" & Lunch on your own in New Hope, PA (Limit 27)	10:00 am	4:30 pm	\$54.00
Mon., June 2 **NEW**	Morven Museum & Garden Guided Tour / Self-Pay Lunch after in Princeton	9:15 am	2:00 pm	\$18.00
Tues., June 10 **NEW**	PNC Arts Center - The Grass Roots & The Buckingham (Limit 27)	12:00 pm	5:30 pm	FREE
Tues., June 17 **NEW**	Parx Casino Trip	9:30 am	4:00 pm	\$10.00
Friday, July 11 **NEW**	The River Queen Boat Tour up the Manasquan River with (Self-pay) lunch at Mr. Shrimp (Limit 20)	10:45 am	4:30 pm	\$34.00

NOW OPEN
ONLINE REGISTRATION

www.ftrec.com



www.ftrec.com

→ SPECIAL EVENTS ←

Thurs., April 10 	Singing & Dancing with Vito Lombardo! Coffee & Dessert Included.	12:30 pm	3:30 pm	FREE
Tues., April 15 **NEW** 	Neal DeSimone from Eddie Testa Band performs! Coffee & Snacks Included.	12:30 pm	2:30 pm	FREE
Fri., April 18 	Kickin' It Arts & Craft Class with Gina. All supplies included! (Limit 15)	10:30 am	11:30 am	FREE
Tues., April 29 **NEW** 	The Importance of exercising throughout your lifespan! Lite Lunch Included! (Presented by: CentraState Rehab)	12:00 pm	1:30 pm	FREE
Fri., May 23 	Kickin' It Arts & Craft Class with Gina. All supplies included! (Limit 15)	10:30 am	11:30 am	FREE
Tues., June 24 **NEW** 	NJ MVC Mobile Unit @ the Senior Center - REAL ID & Registration Renewal. <i>*Appointments Required in advance at: telegov.njportal.com/njmvcmobileunit</i>	10:00 am	2:00 pm	Pay At Time of Appt.



SENIOR CENTER GROUP SUPPORT SESSIONS

Every Friday from 10:00 am to 12:00 pm.

Offering emotional support, grief support & the opportunity to discuss 1 on 1 with a provider for less severe mental health issues. Group support sessions are open to any member of the senior center.

Walk-ins welcome!

Provided by: CPC Integrated Health & the Freehold Township Health Dept.



ATTENTION MEMBERS!



Please keep track of what you register for!
Members have been turning in duplicate & triplicate registration forms for programs that they have already signed up for.

It causes unnecessary work for the already busy office staff.

Senior Center Closings:

Monday, May 26 : Memorial Day

Friday, July 4 : Independence Day

Shopping Transportation

Transportation is round-trip. The bus will transport members who are unable to drive to Shoprite & Walmart. This is a free service.

Freehold Shoprite: Every Tuesday & Friday
Freehold Walmart: Thursdays - Twice a Month:
April: 4/10 & 4/24
May: 5/15 & 5/29
June: TBD



All pick-ups begin at 9:30 am. You have approx. 1.5 hours to shop.

To make a reservation, please call [732-294-2029](tel:732-294-2029).

**Must give at least one days notice.*



**“Youth is the
gift of nature,
but age is
a work of art.”**

—STANISLAW JERZY LEC



The Freehold Township Senior Center offers a variety of valuable programming, services, classes and trips for adults 55 years of age and older. The center provides opportunities for older adults to be actively engaged physically, mentally and socially.

The Senior Center is open from 9 am to 4 pm, Monday through Friday for a yearly fee of \$36 Residents Only. Non-Residents who have been members from 2018 without a lapse in dues, may continue as members for \$72 a year. Members can drop by the Senior Center anytime. You do not have to participate in any of the programs to use the facility.

Freehold Township Senior Center

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:30 Member Meeting	2 9:30 Walking Trip - Mall 12:30 Speaker - Beacon of Life	3	4 10-12 Mental Health Support Session 12:30 Bingo 
7	8 9:30 Parx Trip (\$10)	9 10:30 Drumthwacket Trip (Free) 12:30 Speaker - Legal Aid	10 9:30 Walmart Shopping Trip 12:30 Vito Lombardo Singing & Dancing (Free)	11 9:30 Columbus Mkt. Trip (Free) 10-12 Mental Health Support Session 12:30 Movie - TBD
14	15 12:30 Neal DeSimone Music Event (Free)	16 10:00 Walking Trip - Manasquan Reservoir 12:30 Speaker - Lunch & Learn	17 12:00 Card Making Class	18 10-12 Mental Health Support Session 10:30 Craft w/Gina
21 1:30 Lunch & Learn - Seaview Or-thopedics	22 9:30 Hunterdon Hills Playhouse Trip (\$125.00) 12:30 Book Club - The Symphony of Secrets	23 10:30 Drumthwacket Trip (Free)	24 9:30 Walmart Shopping Trip	25 10-12 Mental Health Support Session 11:30 - 3:00 Silver Jubilee Social (\$10) 
28 11:30 am Blood Pressure Screenings	29 12:00 Speaker - Importance of Exercise w/Lunch	30 12:30 Speaker - Lunch & Learn - Ask the Attorney		